

Spring MOVE! Schedule for Weight Management Group Visits 2009 Vancouver

Important!

If you have questions about the MOVE! Program you can contact us at (503) 220-3482
or <http://www.visn20.med.va.gov/portland/MC/Move/Index.asp>

Class Date	Class Title	Description	Location	Time
<u>April 2009</u> 4/3	Getting and Staying Motivated	Behavior	Building D7, Columbia Room	Friday: 1pm to 3pm
4/10	What is in your Food?	Nutrition	Building D7, Columbia Room	Friday: 1pm to 3pm
4/17	Introduction to Physical Activity and Exercise	Physical Activity	Building D7, Columbia Room	Friday: 1pm to 3pm
<u>May 2009</u> 5/1	Trim the Fat	Nutrition	Building D7, Columbia Room	Friday: 1pm to 3pm
5/8	Self-Control Impulse Control	Behavior	Building D7, Columbia Room	Friday: 1pm to 3pm
5/29	Basic Principles of Stretching and Strengthening Exercise	Physical Activity	Building D7, Columbia Room	Friday: 1pm to 3pm
<u>June 2009</u> 6/5	Sweets and Snacks	Nutrition	Building D7, Columbia Room	Friday: 1pm to 3pm
6/12	Handling and Reducing Stress	Behavior	Building D7, Columbia Room	Friday: 1pm to 3pm
6/26	MOVE! Wild Card	Top Secret?	Building D7, Columbia Room	Friday: 1pm to 3pm